

# BENEFITS OF WALKING

## EVERY DAY

- 1 INCREASE YOUR LIFESPAN
- 2 MANAGE YOUR WEIGHT
- 3 BURNS FAT
- 4 HELPS OVERWEIGHT PEOPLE GET INTO SHAPE
- 5 REDUCES STRESS
- 6 REDUCES DEMENTIA
- 7 EASY ON THE JOINTS
- 8 LOWERS BLOOD PRESSURE
- 9 STRENGTHENS YOUR HEART
- 10 STRENGTHENS YOUR BONES AND REDUCES YOUR RISK OF OSTEOPOROSIS
- 11 REDUCES DEPRESSION AND IMPROVES YOUR MOOD
- 12 BOOSTS YOUR MEMORY
- 13 IMPROVES YOUR SLEEP
- 14 TONES UP YOUR LEGS, BUTT, AND STOMACH
- 15 BOOSTS YOUR VITAMIN D



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